

Fruit Quesadillas

Yield: 10 servings

Ingredients

3 Apples, Granny smith, cored and diced	2 Bananas, medium, peeled and diced
1 cup Strawberries, fresh, diced	2 teaspoons Cinnamon (optional)
10 tablespoons Peanut butter	10 Whole wheat tortillas (8 inch)
Cooking spray (optional)	

Directions

1. Heat cast iron skillet over medium-high heat
2. In large bowl, mix apple, banana, strawberries. If wanted, add cinnamon
3. Spread 1 tablespoon peanut butter on half of tortilla
4. Place $\frac{3}{4}$ cup of the fruit mixture on peanut butter. Fold in half and if wanted, spray with cooking spray
5. Toast each side in skillet until golden brown
6. Cut into wedges and serve warm

Nutrition Facts per serving

280 calories, 12 g fat, 0 mg cholesterol, 390 mg sodium, 39 g carbohydrates, 6 g fiber, 9 g protein

